

Recipes—Salads-to-Go



Chef's Salad-to-Go

- 2 cups lettuce
 - 4 tomato wedges (use 1/2 tomato)
 - 4 slices cucumber
 - 1 radish, sliced
 - 2 small broccoli florets
 - 2/3 oz. ham (cut in 3" long 1/2" wide julienne strips)
 - 2/3 oz. turkey (cut in 3" long 1/2" wide julienne strips)
 - 2/3 oz. cheese (cut in 3" long 1/2" wide julienne strips)
 - 1 pitted black olive
1. Place lettuce pieces in a clear plastic container with lid.
 2. Place a tomato wedge diagonally in each of the four corners.
 3. Overlap two cucumber slices at the top of the container and the bottom.
 4. Arrange radish slices on each side of the tomato wedges.
 5. Place two broccoli florets on the left and right sides of the container.
 6. Top with strips of ham, turkey, and cheese arranged diagonally in the center.
 7. Place black olive in the center of the meat strips.



Spinach Salad-to-Go

- 2 cups spinach
 - 1 hard-boiled egg, quartered
 - 3/4 oz. slices of rolled ham
 - 1/2 oz. cheese in 3-inch julienne strips
 - 1 mushroom, sliced
 - 2 cherry tomatoes
1. Place spinach pieces in a clear plastic container with lid.
 2. Place an egg wedge diagonally in each of the four corners.
 3. Place one ham roll diagonally in the center.
 4. Place cheese strips diagonally on each side of the ham.
 5. Arrange mushroom slices on the spinach.
 6. Place a cherry tomato on each side of the container.

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Chicken Taco Salad-to-Go

- 2 cups lettuce
 - tortilla chips
 - 1/4 cup kidney beans (1/2 oz. protein)
 - 1/2 oz. shredded cheddar
 - 1 oz. pulled chicken pieces
 - 1/2 tomato, diced
 - 1 oz. salsa in a soufflé cup
1. Place lettuce pieces in a clear plastic container with lid.
 2. Spread tortilla chips on top.
 3. Top with kidney beans.
 4. Top with shredded cheddar.
 5. Top with pulled chicken.
 6. Top with diced tomato.
 7. Place a soufflé cup with salsa in the center.

Layer in this order:

1. Lettuce
2. Tortilla Chips
3. Kidney Beans
4. Shredded Cheese
5. Pulled Chicken
6. Diced Tomato



Chicken Topper-to-Go

- 2 cups lettuce
 - 1 #8 scoop chicken salad
 - 4 tomato wedges (1/2 tomato)
 - 1 green pepper ring (cut in half)
 - 1 radish, sliced
 - 2 small broccoli florets
1. Place lettuce pieces in a clear plastic container with lid.
 2. Place a #8 scoop of chicken salad in the center.
 3. Place a tomato wedge diagonally in each of the four corners.
 4. Place a half of a green pepper ring on each side of the chicken salad.
 5. Arrange sliced radishes on the lettuce.
 6. Place the broccoli florets on the left and right sides of the container.

Recipes—Salads-to-Go



Tuna Topper-to-Go

- 2 cups lettuce
- 1 #8 scoop tuna salad
- 4 tomato wedges (1/2 tomato)
- 1 green pepper ring (cut in half)
- 1 radish, sliced
- 2 small broccoli florets

1. Place lettuce pieces in a clear plastic container with lid.
2. Place a #8 scoop of tuna salad in the center.
3. Place a tomato wedge diagonally in each of the four corners.
4. Place a half of a green pepper ring on each side of the tuna salad.
5. Arrange sliced radishes on the lettuce.
6. Place the broccoli florets on the left and right sides of the container.



Turkey Salad-to-Go

- 2 cups lettuce
- 3/4 oz. turkey (2 rolled slices or equivalent shredded turkey)
- 1/2 oz. cheese in 3-inch julienne strips
- 4 tomato wedges
- 1 radish, sliced
- 2 cucumber slices
- 2 small broccoli florets
- 1 pitted black olive

1. Place lettuce pieces in a clear plastic container with lid.
2. Place a tomato wedge diagonally in each of the four corners.
3. Place turkey diagonally in the center.
4. Place cheese strips diagonally in the center.
5. Arrange radish slices on each side of the tomato wedges.
6. Place a cucumber slice on the left and right sides of the container.
7. Place a broccoli floret on top of each cucumber slice.
8. Place a black olive in the center of the turkey.

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Checklist for Salads-to-Go

American Cheese
Black Olives
Broccoli
Cantaloupe
Carrots
Celery
Cheddar Cheese
Cherry Tomatoes
Cottage Cheese
Cucumber
Eggs
Green Pepper
Honeydew
Kidney Beans
Lettuce
Mayonnaise
Mushrooms
Onions
Pickle Relish
Pineapple Chunks
Pulled Chicken
Pullman Ham
Radishes
Salsa
Spinach
Strawberries
Tomato
Tortilla Chips
Tuna
Turkey Roll
Watermelon

The Fruit Salad Bowl-to-Go

- 1/2 cup (#8 scoop) lowfat cottage cheese in a 4-oz. plastic soufflé cup
- 1 cup lettuce
- 4-5 1-inch chunks of cantaloupe
- 4-5 1-inch chunks of honeydew
- 4-5 1-inch chunks of watermelon
- 4-5 1-inch chunks of pineapple
- 1 strawberry with stem

1. Place cottage cheese in a soufflé cup in the center of the container.
2. Place lettuce pieces around the cottage cheese cup.
3. Place fruit on lettuce.
4. Place strawberry in the center of the cottage cheese.

